

Reflective Report

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Introduction

People reflect on their feelings, experiences, thoughts, and situations they have been through all the time. The literature calls this practice on reflecting on one`s experience reflective practice and was defined as a practice which has a goal to promote self- awareness and learn from experiences and thoughts, regardless of if they are repetitive or one- time occurrence (Philip, 2015).

The purpose of this report is to investigate reflective writing practices and benefit from them in academic context, by enabling to learn from passed research- based individual and team- conducted projects. The report would be based on Gibb`s reflective cycle. The findings discovered by the proceeded reflection, would then be used for creating Personal development plan, which would evoke self- improvements and enlarge the chances of academic success.

Reflective writing

While there is not a universal definition, defining reflective practices, most of them agree that reflective practice provides the individual with an opportunity to learn about him or herself, by evaluating, analysing, and making conclusions from their experiences, and promoting self- development sourced by learning (McCarthy, 2015). Further, it represents an ability to take a critical overview of a situation or an experience, someone`s practice or behaviour to engage in a process of never-ending adaptation and learning (Kerr, 2010). The lack of universal definition has brought few different reflective writing practices used by individuals, academics, and professional`s world- wide. The most used approaches are Schon`s framework, Kolb`s learning cycle, Gibb`s reflective cycle, Driscoll model etc (Smyth, 1993).

Each of the different reflective practices have their unique advantages and disadvantages, which makes them employable in different circumstances. However, despite their differences, they all tend to specify findings and draft conclusions from individual`s personal practice or

one engaged in (Participatory methods, 2022). For an example, a tennis player could engage in reflective practice by analysing their mistakes on past- competitions, trainings etc. creating an understanding of why they occurred and discovering ways how the mistakes could be dismissed in the future performance.

Model of reflection

In 1988 Gibbs Graham came up with a model, which was named after him as Gibb`s reflective cycle. Gibb`s reflective cycle represents a comprehensive model, as it offers findings and answers rapidly during the moment of reflection (Gibbs, 1988). The module represents a cycle of six different divisions, each of them having a purpose to answer different set of questions and draft knowledge out of them. The first division is called description and supplies a well-detailed description of the reflected upon situation or experience. The second division reflects on the evoked feelings and thoughts, trying to understand the situation from that angle. The following division named evaluation, defines the impact of the thoughts and the feelings over each other`s, emphasizing what required further addressing. The fourth division named analysis aims to create a sense out of the situation. The fifth division conclusion points out specifically what should be improved while in the final division action it is suggested what should have been done differently for the same mistakes to be avoided (University of Cumbria, 2020).

Reflecting on task 2

Description: As a student at level 4, for the module Academic and employability skills, I had to write an academic report, researching the employees` motivation ways. The research should be based on provided materials discussing the matter in question.

Feelings: That has been the first assignment I was requested to write. I felt utterly nervous and unsure, considering that it was something I had never done before. My anxiety was caused by the fact that English was not my native language, and I did not feel confident enough that I could translate my thoughts adequately enough on academic level. I felt also afraid as it was a first time, I had to use Harward`s referencing style and I did not feel completely confident doing it.

Evaluation: My fear and lack of confidence, slowed down the process of writing my assignment, also affecting the quality of my work.

Analysis: My lack of confidence in my knowledge and capabilities to write on academic English as well as reference, slowed down my writing process, and made me lose unnecessary time on worrying rather than investing it in a further reading and deeper research.

Conclusion: By improving my academic English, and getting more knowledgeable of Harvard referencing guide, I would be able to write more confidently my future assignments.

Action plan: To prevent from making the same mistakes, I would dedicate more of my time finding ways to improve my Academic English and mastering Harvard's referencing style. This would help me feel confident, which confidence I would channel it towards being more successful with my academic, personal and professional life.

Reflecting on group presentation

Description: The other task we were asked to do for the Academic and employability skills was to work as a group on research examining the presence of technology and its impact over UWTSD's students' collaboration. The final goal was for a power point presentation to be prepared and presented publicly.

Feelings: I had never worked in a team before on research and being put in those circumstances made me feel uncertain and restless. I felt afraid, even though I had good relationship with my team members. I felt like I had to be in control of the group's performance and felt that it reflected on how the group perceived me and my input. Receiving their feedback, left me surprised, as that was not how I perceived myself.

Evaluation: My nervousness and restlessness of working in a group, put me in a position where I felt like I had to control the group and the performance of everyone. This did not get translated completely positive by my team members and that got reflected on their feedback.

Analysis: If I did not allow my lack of experience working on research in a team affect me, I would have performed better.

Conclusion: To improve myself in the future, I would have to focus on learning how to communicate better with others, which would then assist my performance as a team member being assigned to work on group tasks.

Action plan: If I find myself in a same or similar situation, rather than fearing working in a team, and trying to impose myself in control of everyone`s performance, wasting my energy and time that way, I will let the benefit of working in team overtake the moment and communicate better with them. If my communication within team gets improved, I would also have better results.

Personal development plan

A personal development plant is a structured framework, constructed with an objective to raise self- development, by generating awareness created from building awareness and identification gathered from in- depth analysis (Putter, 2021). Further, it has a goal to assist one improving one`s professional and academic success, by creating a plan of reaching goals.

Based on my reflection, I would like to focus on the following objectives:

Personal target	How will I achieve this?	How will this improve my academic or employability prospects?	How will I know that I achieved this?	When will I achieve this by?
I would like to improve my Academic English, how I would feel confident creating academic work.	I will request assistance from my lecturers as well adhere in further academic reading. I would also take an academic writing course.	This would improve my performance as a student, but also help me vocalise my thoughts and findings in a higher level. This would help my goal of becoming a researcher.	I would improve my performance as a student and get prepared for my ambition of becoming a researcher.	December 2022.

I would like to improve my referencing skills, how I would improve my academic writing.	I will request one on one consultation with my tutor, asking all my questions. For the time being, I would use references generators as an insurance.	This would assist me justifying my ideas in an academic level and provide me with a foundation for my aspiration to retire as a researcher.	I would have no hesitation or fear working on my next academic task or my individual research.	September, 2022.
I would like to improve my communication skills, written and verbal, how I would manage to be more flexible working in team.	I would achieve this by completing online tutorials provided on YouTube and Hob Spot.	This would assist me feeling more confident working in a team and delivering my thoughts in an ease.	This would assist my performance within academic and professional settings.	February, 2023.

Conclusion

The module Academic and employability skills pushed me in a direction of understanding the benefits of reflective practices. Based on the task required to be completed for passing the module, I had an opportunity to reflect on my past work and gather knowledge of the areas which represent my weaknesses, how I could improve to my best- self. The detected weaknesses, I managed to turn into personal development plan`s objectives, creating a mid-term action plan which on long- run would benefit me as a university student, but also my ambition to one day make a living as a researcher.

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